

### **Amendments to the Claims**

This listing of claims will replace all prior versions, and listings, of claims in the application:

#### **Listing of Claims:**

Claims 1-19 (*Canceled*)

20. (*Currently amended*) A personal subjective health tracker comprising:
- a portable data logger configured to collect subjective data from a subject regarding the subject's medical condition;
  - a time base which tracks a time of recording of the data;
  - a data storage unit in which the data is stored with reference to the time base; and
  - a modem for sending data from the data logger to a central database, wherein the data logger is configured to directly connect to the modem and to initiate communication via the modem, and wherein the modem is capable of directly connecting to a communication network.
21. (*Previously presented*) A personal subjective health tracker according to claim 20, wherein the communication network comprises a telephone network.
22. (*Currently amended*) A personal subjective health tracker according to claim 20, wherein the modem is and data logger are capable of sending data to the central database from one or more points of access to the communication network that are remote to the central database.
23. (*Previously presented*) A personal subjective health tracker according to claim 20, wherein the modem communicates with a local network access computer.
24. (*Previously presented*) A personal subjective health tracker according to claim 20, wherein the modem is an external modem.

25. *(Previously presented)* A personal subjective health tracker according to claim 20, wherein the subjective data comprises subjectively observed physiological data.
26. *(Previously presented)* A personal subjective health tracker according to claim 20, wherein the subjective data comprises psychological data.
27. *(Previously presented)* A personal subjective health tracker according to claim 20, wherein the subjective data comprises information regarding the subject's amount of sleep.
28. *(Previously presented)* A personal subjective health tracker according to claim 20, wherein the subjective data comprises information regarding the subject's mood.
29. *(Previously presented)* A personal subjective health tracker according to claim 20, wherein the subjective data comprises information regarding pain experienced by the subject.
30. *(Previously presented)* A personal subjective health tracker according to claim 20, wherein the subjective data comprises information regarding side effects experienced by the subject.
31. *(Previously presented)* A personal subjective health tracker according to claim 20, wherein the subjective data comprises information regarding medication taken by the subject.
32. *(Previously presented)* A personal subjective health tracker according to claim 20, wherein the subjective data comprises the subject's handwriting.

33. *(Previously presented)* A personal subjective health tracker according to claim 20, wherein the health tracker further comprises a monitor that senses a physiological parameter of the subject.
34. *(Previously presented)* A personal subjective health tracker according to claim 20, wherein the data logger includes a stylus.
35. *(Previously presented)* A personal subjective health tracker according to claim 20, wherein the data logger includes a touch screen.
36. *(Previously presented)* A personal subjective health tracker according to claim 20, wherein the data logger accepts messages entered by the subject.
37. *(Previously presented)* A personal subjective health tracker according to claim 20, wherein the data logger accepts messages entered by the subject by writing.
38. *(Previously presented)* A personal subjective health tracker according to claim 37, wherein the data logger includes a digitizer that generates a digitized representation of the writing.
39. *(Previously presented)* A personal subjective health tracker according to claim 38, wherein the data logger is capable of sending the digitized representation of the writing to the central database.
40. *(Previously presented)* A personal subjective health tracker according to claim 20, wherein the data logger includes character recognition software.
41. *(Previously presented)* A personal subjective health tracker according to claim 20, wherein the data logger is handheld.

42. *(Previously presented)* A personal subjective health tracker according to claim 20, further comprising a data receiver for receiving a health data message intended for the subject.
43. *(Previously presented)* A personal subjective health tracker according to claim 42 wherein the message intended for the subject includes a question.
44. *(Previously presented)* A personal subjective health tracker according to claim 20, wherein the data logger provides at least one data prompt to the subject, wherein the data prompt is in graphical format.
45. *(Previously presented)* A personal subjective health tracker according to claim 20, wherein the data logger provides at least one data prompt to the subject, wherein the data prompt comprises an image of the human body.
46. *(Previously presented)* A personal subjective health tracker according to claim 20, wherein the data logger provides at least one data prompt to the subject, wherein the data prompt comprises a signature space.
47. *(Previously presented)* A personal subjective health tracker according to claim 20, wherein the data is periodically sent to the central database.
48. *(Previously presented)* A personal subjective health tracker according to claim 20, wherein the central database is capable of connecting to multiple physician offices.
49. *(Currently amended)* A health data messaging apparatus comprising:  
a portable health data collection device configured to collect subjective data from a subject regarding the subject's medical condition;  
a time base which tracks a time of recording of the data;

a data storage unit in which the data is stored with reference to the time base; and

a modem for sending health data messages to a central database and for receiving messages wherein the portable health data collection device is configured to directly connect to the modem and to initiate communication via the modem, and wherein the modem is capable of directly connecting to a communication network.

- 50. *(Previously presented)* The health tracking system according to claim 49 wherein the collected data is for use by a reviewer.
- 51. *(Previously presented)* The health tracking system according to claim 49 wherein data in the central database is accessible over a network.
- 52. *(Previously presented)* The health tracking system according to claim 49 wherein the central database collects data from a plurality of health trackers.
- 53. *(Previously presented)* The health tracking system according to claim 52 wherein the central database transmits the data from the plurality of health trackers to a common database.
- 54. *(Previously presented)* The health tracking system according to claim 49 wherein the central database comprises a plurality of databases.
- 55. *(Previously presented)* The health tracking system according to claim 49 wherein the time base of the health tracker is synchronized with a time base of the central database when communication is established between the data communication device and the central database.
- 56. *(Previously presented)* The health tracking system according to claim 49 wherein the data is stored in the data storage unit and in the central database.